

Slovak, Martin, 2015 Abstract

The Use Of TENS For The Treatment Of OAB

Objective

The study investigated the **use of transcutaneous electrical nerve stimulation (TENS)** with a specific focus on the treatment of overactive bladder (OAB).

Results

On the treatment for OAB syndrome symptoms, the study found that most promising seems to be the Posterior Tibial Nerve Stimulation (PTNS) applied near the ankle. The stimulation of the posterior tibial nerve using a transcutaneous form of stimulation, in comparison to the more established and commercially available percutaneous technique, this has the advantages of being completely non-invasive, low cost and performable by the patients at home.

Participants and Researcher

The study was focused on patients with idiopathic overactive bladder symptoms. A total of 13 participants, five males and eight females, aged between 23-64, were recruited and finished the study protocol.

The researcher was Martin Slovak in a thesis for a PhD at the University of Sheffield, Department of Oncology, Academic Unit of Urology.

Methods

The stimulation was delivered during two single 60 minutes sessions delivered one week apart. **TENS** was delivered using a the **NeuroTrac MultiTENS** stimulator (Verity Medical). The participant placed self-adhesive hydrogel electrodes (Verity Medical) on the site of body according to their allocated group. The stimulation was self-administered daily by the participant for a duration of four weeks.

The full abstract can be found at <https://etheses.whiterose.ac.uk/12301/>.